



Coronavirus (COVID-19) When Should I get tested??

- ◆ **Testing is not recommended for patients who do not have symptoms.**
- ◆ People who are feeling healthy do not need to get tested for COVID-19.
- ◆ Patients without significant comorbidities, and who are not health care workers, should not be tested if they have mild illnesses for which they would not normally seek medical care. These patients should self-isolate at home until symptoms improve.

Criteria used to be tested is:

- ◆ Having symptoms AND recent travel abroad or to a place with known cases OR Having symptoms AND contact with a confirmed case. Symptoms are fever, dry cough, and shortness of breath.
- ◆ If you think you have been exposed to COVID-19 **AND** develop a fever and symptoms, such as cough or difficulty breathing, call Bad River Public Health, 715-292-7368, Bad River Health & Wellness Center, 715-682-7133 or your medical provider for medical advice.

Before you go to the doctor's office, emergency room or urgent care, **call ahead** and tell them about your symptoms and if you've been exposed to COVID-19.

Know the Difference: Self-monitor, Quarantine and Isolation

These are protective measures used to prevent the spread of COVID-19 among people who may have been exposed.

Self-monitoring is for those that may have been exposed to a person with COVID-19. They should monitor themselves for symptoms (fever, cough, and shortness of breath). Self-monitoring means people should monitor themselves for fever by taking their temperatures twice a day and remain alert for cough or difficulty breathing. If they develop symptoms during the self-monitoring period, they should self-isolate, limit contact with others, and seek medical advice by telephone.

Quarantine is for people who were exposed to a person with a confirmed case of COVID-19 but are not experiencing symptoms. Contact Bad River Public Health, 715-292-7368, Bad River Health & Wellness Center, 715-682-7133 or your medical provider if you are unsure if you should self-quarantine.

Isolation separates people who are sick from those who are well. People who have tested positive for COVID-19 are in isolation.